April 23, 2021
Issue #50

Singer/ Songwriter Bobby Pennock

The Crazy Wisdom Weekly

Published by the *Crazy Wisdom Community Journal* during the Pandemic.

The Crazy Wisdom Weekly

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The Crazy Wisdom Weekly is looking for your submissions!

We want short stories, personal essays, gardening tips, reflections on life, your best recipies, or awesome summer wildlife or nature photos! Have a great joke? Send it in! We are also looking to feature local authors, writers, musicians, craftspeople, and artists. Have a great idea for a short article? Send in your article pitch! Submissions should be sent to: Jennifer@crazywisdom.net. Please put CW Weekly submission in the subject line. Articles should be no more than 1000 words.

We look forward to seeing your submissions!

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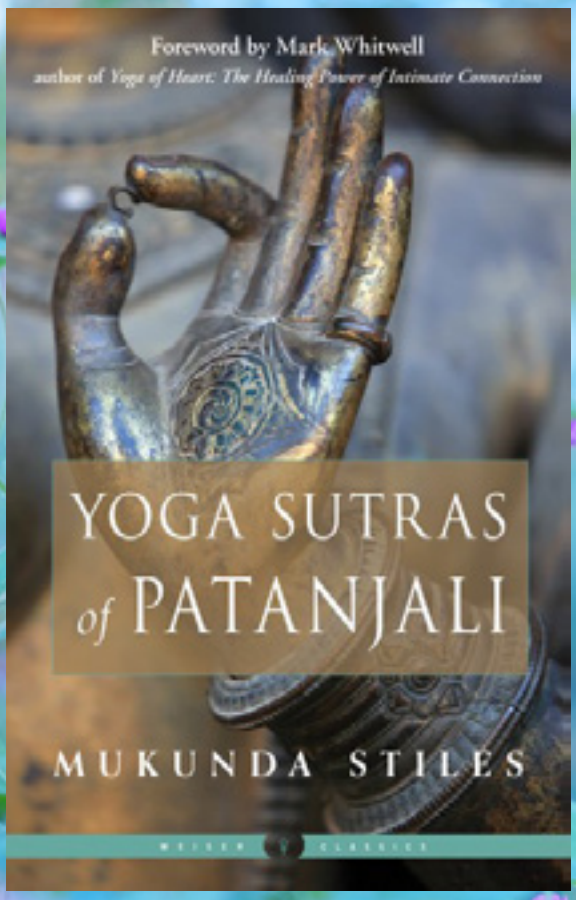

NEW EBOOK

Yoga Sutras of Patanjali by Mukunda Stiles

Patanjali is to yoga what the Buddha is to Buddhism. His yoga sutras—literally "the path to transcendence"—are a means to profound self-realization and are considered the spiritual and philosophical root of the yoga tradition in its various forms.

This concise, poetic rendering of the classic Yoga Sutra text conveys both the essence and depth of the yoga tradition. Mukunda Stiles had a lifelong devotion to the spiritual practice of yoga. Here, he shares Patanjali's essential work with precision and insight. He also includes a succinct line-for-line commentary, as well as word-by-word Sanskrit-to-English translation.

To Purchase: http://bit.ly/ebookyogasutra

Also available in hardcover at shopcrazywisdom.com

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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

Dr. Kapila Castoldi
Katie Hoener
Angela Madaras
Michelle Wilbert
Julie Kouyate
Ani Daher
Laurel Hogge
Carol Karr
Jennifer Carson
Bill Zirinsky

Word of the Week:

Shoshin

The practice of seeing life with wonder.

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

What's Up In Our Community

with Dr. Kapila Castoldi

Dr. Kapila Castoldi is a particle physicist and head of the Sri Chinmoy Centre of Ann Arbor. She has taught meditation classes for 25 years. Read more about her journey on her website meditationannarbor.com.

What kinds of changes during the pandemic did you need to make in order to meet the needs of your students?

Luckily, I started converting some of my courses to the online environment over ten years ago. As a result, the overnight transition to fully online teaching last March was not too bad for me. I was able to help my colleagues just getting started, sharing with them the pedagogy of online teaching. The main difficulty has been converting physics laboratories to a meaningful online experience. I had to work non-stop on this for a few months to be just one step ahead of the students. In Fall we decided to go back to in-person labs. This required considerable effort in creating and maintaining a safe environment. I am proud that we indeed succeeded. My teaching assistants have been of great help in this. Regardless of what will happen, we will keep these safety measures in place for the entire 2021-22 academic year.

As a professor, what kind of changes have you seen in your students due to the restrictions and cancellations of the pandemic? Have you seen any positive changes?

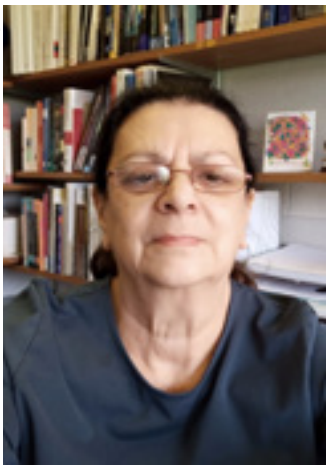
Obviously, many students were caught unprepared and had a difficult time with the transition to the online environment. The main issue has been the feeling of isolation. In my online courses I have students work at some of the activities in a group. This helps them in this regard. Other than that, my assistants confirm that those who come to the in-person labs are serious about wearing a mask and following the safety rules that we have in place.

Perhaps one positive change is greater awareness, which will hopefully help in the future, once Covid is over, to limit the spread of the common flu.

Have you had any spiritual insights during the last year?

During this difficult year I have all along felt that this is a wave that we are passing through, that at some point will be gone. Just like when we stand by the seashore, the ebb and flow of the water is ongoing, and so is life, with its sometimes pleasant and sometimes difficult times. Both contribute to our growth.

What have been the gifts of these pandemic months from your vantage point? What about the struggles?



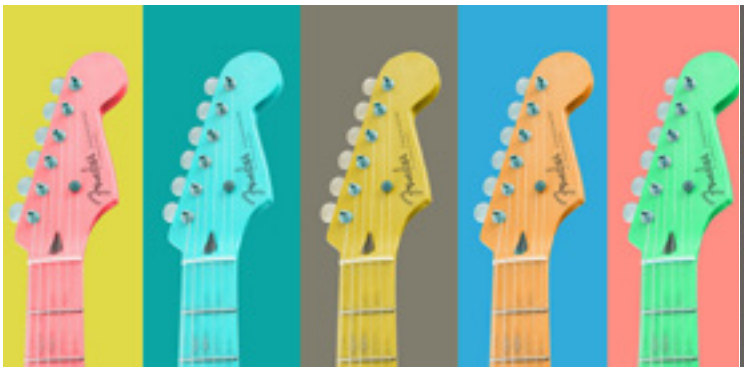
Personally, I had felt for a while the need for rest. For many years I have been commuting to the university, traveling, offering meditation classes to the community in my free time…. The restrictions imposed by the pandemic allowed me to retreat into my own space and find the much needed quiet and rest from the intense sensory stimulations of today's society. I compare this to the ancient Vedic seers retreating into caves in the Himalayas. In this case, my home is my 'cave.' While I see this time spent alone as a gift, occasionally a sense of loneliness has surfaced in me. Spiritually speaking we should never feel lonely, yet as human beings some contact is needed. The artificial contact through texting and video conferencing is no substitute for true human interaction. At such times I turn to nature. Taking walks in nature and observing the many birds and other creatures that abound in our area can be healing.

As the pandemic slowly releases its grip, what are you most looking forward to doing/returning to?

The main thing I am looking forward to is traveling to New York where the headquarters of the Sri Chinmoy Centre is to pay respect to the resting place of my spiritual teacher and mix with other members of our spiritual community.

Anything you'd like to add or say about life/worklife in the last year?

For me, like for all teachers, this has been a very intense period. I hope that we all will be able to look back at these trying times and acknowledge that they came to teach some lesson, perhaps a different one for each of us. Also, as it always happens in life, that we will be able to forget the unpleasant aspects of this experience and remember only the positive ones.



CW Musician Spotlight

Featuring Singer/Songwriter Bobby Pennock

By Michelle Wilbert

How did you get into music?

Music has always been part of my life. My mother was a musician, who possessed a magnificent soprano voice. She sang in choirs, sometimes as a paid soloist, and sang at countless weddings. We always had a piano and my sisters and I all took piano lessons. I played coronet for a while, too. But, mainly, I was a listener. Although, I did sing in both church and school choirs. But what really got me into music, as a writer, was the death of John Lennon. With his passing, I knew the power of song and music. It seemed as if the whole world wept and mourned when he died. I couldn't even play an instrument. My sight reading skills were gone as were my piano skills. My junior year of high school, I bought a guitar. Over the next year or so I played as much as I could. I may have written some songs then but, if I did, they were not very good.

In college, I was asked to join a comedy troupe, as strange as that may seem. Beer may have been involved. Over time, it transformed into a band. We became pretty popular in the area, played lots of gigs, made some recordings, and got some local radio play. I was writing songs which, for the time and place were ok, but they weren't great by any means. Fast forward several years in which I took many years off from performing to find my voice as both a writer and singer. Moving to Michigan in 2002 gave me a redo as a musician.

What are your favorite aspects of live performance?

I would say one of my favorite aspects of live performances is giving a performance that affects listeners emotionally--whether it makes them sad or happy or makes them think. Also, I absolutely love when I play with others. That's fun and inspiring to me. If I am doing it right, it's never work. The Tea Room was the perfect venue to really reach the listeners. Terry Birkett and I gave a show there once that was probably the best I've ever performed. The stars were aligned that night. It happened to be broadcast live on A3 Radio.

What have you been doing during the pandemic?

Musically, I have written a little. I thought I would write more but no. I did write, record, and release a pandemic song last year called "One Month in the Hole." I have also done studio work for others. And then, out of the blue, I started to record a new album in December. It's a return to my pop/rock roots and I am really loving the process. In fact, I am just back from a full day in the studio. I'm not rushing things so, hopefully, it will have a Fall 2021 release...maybe late summer.

Learn more about Pennock on his website bobbypennock.com. Listen to his latest release here.

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The spring issue of
The Crazy Wisdom Community Journal
is almost here!

Look for articles on the King Family of Frog Holler Farm, Equine therapist Sara Des-Jardins, Belly Dancing with Sheila May, the Friends Lake Cooperative Community, and more!

On shelves the last week of April, online May 1.

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Crazy Wisdom Poetry Series

hosted by
Ed Morin, David Jibson,
and Rainey Lamey

Second and Fourth Wednesday
of each month, 7-9 p.m.

Until further notice, all sessions are virtual and accessible through Zoom.

Email cwpoetrycircle@gmail.com for Zoom link

Second Wednesdays, 7-9 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for up to 1 hour. All writers welcome to share their own or other favorite poetry.

Crazy Wisdom Poetry Series Featured readers

April 28 – Celebrate National Poetry Month!
The peer-to-peer writers workshop of the Crazy Wisdom Poetry Circle, which meets on the second Wednesday of each month, read selections of their work. Featured readers: Joseph Kelty, David Jibson, Edward Morin, Rainey Lamey, Lissa Perrin, Gregory Mahr, Dana Dever, and others.

Crazy Wisdom Poetry Circle

The Poetry Series is open to all.
There is never a charge.
https://cwcircle.poetry.blog/

From our Blog

Heart Power

by Laurel Decker Hogge

How is your heart today? Are you taking good care of your hard-working, delicate organ? It is definitely doing its best to take good care of you. Let's give a little love back to the heart with some techniques that balance the anahata (sanskrit for "heart") chakra.

Take a few moments to focus on your heart space, which is where the fourth chakra also resides. Are your heartbeats rushed and eager, faint and wistful, anxious and irregular? Though the pace will fluctuate throughout the day, you can bring it into a steady rhythm any time by practicing these steps for calm breathing.

Inhale through the nose slowly, and imagine filling your lower lungs first, then your upper lungs.

Hold your breath to the count of three.

Exhale through the mouth as you relax your forehead, jaw, shoulders, and stomach. Continue the exhale until your lungs feel "emptied".

Repeat steps 1–3 twice before sealing the lips and breathing both in and out through the nose.

Once you settle into a consistent breathing pattern, allow yourself to continue with your own natural rhythm without counting.

Next, notice if there is any tension in the muscles surrounding the chest cavity. Often, we hold tension in our muscles without even realizing it. And tension in the area of the heart space contributes to rigidity and closing of the heart chakra. To balance this energy point, imagine your muscles around the rib cage softening. Try these simple heart opening exercises as you continually come back to the concept of "softening and opening" the heart space.

Reach both hands behind your back and clasp the fingers together. Feel the shoulders widen. Now pull the clasped hands away from your back, allowing your chest to expand.

Find a clear area on the floor (use a mat if you have one), and lie on your belly with your forearms bent at your side so that your palms are flat beside the shoulders. Gently raise your upper body as your arms straighten against your hands that are planted firmly on the ground. Gaze forward, keeping the shoulders wide. Take care not to bend so far that you strain the lower back. Repeatedly rise and lower, exploring how it feels to match your breath with inhale/rise and exhale/lower.

With your heart rate calmed by focused breathing, and your heart space expanded by movement, slowly read the following affirmations. Take note of which one(s) give you the strongest emotional response at the heart center. Place a hand on your chest and close your eyes while you repeat the affirmation until it feels as if the words are "written" on your heart.

- I am love
- I love myself
- I choose to give and accept love without conditions
- I am worthy of love without conditions
- I am patient with myself as my heart heals
- I am compassionate with myself as my heart heals
- I am grateful for my heart
- My heart is peaceful
- My heart is joyful
- I am in unity with my heart
- *affirmation created by you*

With so much love energy flowing through your heart chakra, you'll need a partner for this last activity. So, pull your pet close to your chest, or ask a person partner to bring it in for a hug. Lean into the sensation of this exchange that my 13-year-old daughter has called "heart power" since she was four years-old.

Laurel Decker Hogge is a yoga instructor, artist, and wellness guide in Brighton. Laurel is passionate about helping others connect with their own intuition to live with focus and purpose. You can find out more at fourcornerswellnessguide.com.

Taking a Drive to Hidden Lake Gardens

From Issue #69

By Angela Madaras

There are few places left in our area where we can find natural gems that are virtually unknown yet created for the public's use and enjoyment. Michigan State University owned and operated Hidden Lake Gardens is just one of those spots in Southeast Michigan within a short and scenic forty-five-minute drive from Ann Arbor. The pristine park with its well-maintained gardens, lake, conservatory, 10 miles of hiking trails, and six miles of paved trail for biking, driving, and motorcycling make up 755 acres of pure heaven for nature lovers and outdoor enthusiasts of all ages. One can enjoy the property all year round as the seasons unfold naturally to our cooler climate. The Kellogg Foundation contributed funds for a wheelchair-accessible trail and a few raised beds, which make the gardens wonderful for all to enjoy. I am one of those people who occasionally need a wheelchair or walker and at times can only drive in a car as a passenger to enjoy the picturesque beauty and grace at its finest. The accessibility of Hidden Lake is a real gift. There is also an auditorium, restrooms, classrooms, and a small library and gift shop within the buildings on the grounds. A picnic area with shelter is available without need for reservation, and there are plenty of spots on the property to sit and reflect on the natural surroundings.

I spent some time in this area as a young child, with a few memories of Hidden Lake Gardens itself and also of Irish Hills and other local kids' parks. When you visit, you will see why this is such a magical place and why we, as a community, need to support its existence. Funding for such public parks is dwindling, and so are natural areas in general, for development and privatization. It is my hope that people will spend more time investigating these natural areas available to us in our area and state so that our future generations will want to save and restore these consecrated grounds for the seven generations ahead.

After the indoor journey, visit the Bonsai garden, which offers a time of reflection to pause in the abundant beauty and grace of nature.

First you turn off the scenic Highway 50 into a gated entrance, where a friendly staff member stands inside a box ready to take the three-dollar entrance fee (children under two are free) in exchange for pamphlets and maps to help navigate the area. The asphalt one-lane road winds around a natural park setting with trees and shrubs marked with signs describing breed and species names of most plants. The path guides you along to either remain on the one-way road or visit the buildings, conservatory, and parking area. Kids can enjoy the library and gift shop as well. It is also a good time to apply sunscreen and fill water bottles. This might also inspire the powers that be to invest more in our public parks for future generations.

After the indoor journey, visit the Bonsai garden, which offers a time of reflection to pause in the abundant beauty and grace of nature. My husband loves the succulents, tropical and arid plants from his homeland of Arizona, and breathes in the sunlight as if it were life itself, especially in the winter. I prefer the pristine conifers, the trees of Michigan standing proud out-of-doors, and the lovely small lake, a smaller pond with rock garden and walls that were hand crafted by the original property owner-donor and Adrian businessman Mr. Harry Fee. He bought his dream property at age 50 upon his retirement in 1926. He eventually donated it to Michigan State University. Later the Herrick family of Tecumseh donated funds for buildings, repairs, picnic area, and conservatory. Other donors and funds have allowed for acquiring more plants and property along the way.

Climb back in your car and make your way down the road. Slow and stop, or even turn off your ignition, when you hear bird songs that you may have never heard before. Meander up and down hills, around curves, and along straight runs and you will see the pond, lake, rock walls, and the picnic area. Five hundred specimens of conifers can be visited next to stone benches perfect for reflection, meditation, and photo ops. There are hostas lining the hillside by Hidden Lake in 800 stunning varieties. Small children might be found playing by the shore skipping stones and laughing while rolling in the grass. Butterflies, hummingbirds, and smaller birds find their way through the trees and land, occasionally resting in the shade.

Sculptures and artwork also are hidden along the trail, so keep an eye out for them in this sacred space. Snakes and other smaller creatures also live here and appreciate guests being respectful of their home. You will occasionally run across a small

parking turnout to allow time to hike around the woods or take photographs. My friend and I once went with a bird song app so we could figure out what we were hearing. We never found this one bird we were looking for, but we are determined to find it this spring on our annual spring ride.

During the fall months this open field shimmers gold with grasses and wildflowers preparing for winter. Birds are saving up energy to fly south, and the occasional migrating butterfly brushes up against the softness of a child's cheek.

Throughout the year, Hidden Lake Gardens offers guest speakers, classes, plant sales, and other special events. I have heard they have a stunning holiday light show in December. Easter egg hunts are a big deal with the local children, and Hidden Lake also sponsors some runs and bike races.
This is a good time to remind everyone of poison ivy and oak. Make sure you know what it looks like. I keep a medical napsack with natural poison ivy spray made of rubbing alcohol and jewelweed. Look online for other remedies. Always be prepared when in nature, especially if you plan to hike.

As the end of the trip approaches, the road goes through an open valley with older, larger trees. It is the perfect place for a simple picnic or nap. During the fall months this open field shimmers gold with grasses and wildflowers preparing for winter. Birds are saving up energy to fly south, and the occasional migrating butterfly brushes up against the softness of a child's cheek. Sometimes deer will sneak a run across the field for safer grounds. It is this moment when the reality hits that the time has come to once again get back on the highway to head home. Or, pay another three dollars and do it all over again. Maybe this time on a bike or by foot. The gate closes promptly at 4 p.m., 7 p.m. in summer. Bring your camera. There are so many beautiful moments and visions to capture within the many acres here.

Throughout the year, Hidden Lake Gardens offers guest speakers, classes, plant sales, and other special events. I have heard they have a stunning holiday light show in December. Easter egg hunts are a big deal with the local children, and Hidden Lake also sponsors some runs and bike events. Always check the website and call ahead to see what is happening and when. Volunteers help keep the place running, so consider this to be a great opportunity to donate either time or money. In this way we save a precious parcel of land, innumerable plant species, animal habitats, and educational information we must pass along. Maybe meet along the path.

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Crazy Wisdom Book Pick of the Week

Moon Milk

Purchase your copy of *Moon Milk* at shopcrazywisdom.com.

These 50 recipes take an ancient Ayurvedic technique for getting a good night's sleep to a new, plant-based level!

Moon milk, the ancient Ayurvedic tradition of drinking warm milk with healing herbs and spices at bedtime, has made a comeback with health bloggers around the world. Now, this beautiful book takes moon milk to the next wellness level by not only featuring the most effective, scientifically proven ingredients for reducing insomnia, but also focusing on plant-based, dairy-free milk alternatives so that anyone with food intolerances can still harvest the many benefits of this potent drink. The 50 gorgeous recipes come in all colors of the rainbow, so you'll want snap and post your creations before sipping them and settling in for a great night's sleep.

Yoga Pose of the Week

Downward Facing Dog

By Katie Hoener

When many of us think of Asana, a Downward Facing Dog comes to mind. This posture is not available to everyone, as it puts significant weight on the wrists and shoulders. For those of us interested, we can start in a Table posture and engage the core muscles to work the pelvis towards the sky. Though in this image my knees are relatively straight (with a micro bend) you may need or want more bend in the knees. Some of us also may have the soles of the feet on the floor. Once we find ourselves lifted, we allow the heart to move towards the floor however feels good, letting a feeling of spaciousness fill up the shoulders. Allow yourself to move around. Many of us like to peddle the feet, connected with the breath, inhale bending one need, extending the other leg, switching with the next breath. Stay for a few breaths and give yourself a break. You may wish to come into Down Dog again to find different places to open and expand!

Katie Hoener is an RYT 500, receiving her 200 and 500 hour trainings. She is also a Licensed Master Social Worker and a partner at Vera-pose Yoga in Dexter (veraposeyoga.com). Please send your own yoga questions to katie@verposeyoga.com.

HAVING A BODYMIND COACH CHANGED THE TRAJECTORY OF MY LIFE

By Julie Kouyate

I was struggling. I mean, here I was, a totally spiritual woman, a successful massage therapist, West afrcian dance instructor, home birthing mamma, and a WIFE! I had all the ingredients that would have many believe I was fulfilled, completely. I can't agree more that I was doing well and grateful for all that I had come to know about healing, living a natural and spiritual life, taking risks, and coming out okay. But, under all of that amazing goodness, I was still somewhat unsatisfied. I couldn't quite put my finger on it, but there was something more, something missing.

What was it? Well, for starters. I never went anywhere on my days off without my five babies I spent years lugging them around, fighting, crying, and all. I really thought they would miss me too much, and then the GUILT would set in. I am a woman, after all. I'm here to serve and nurture without fail. But in every single moment?

My husband and I never spent a night away from them. They breastfed and slept in our bed till the next one arrived and even then we would do double duty. My work was also a place that required me to serve, my dance classes needed to be managed—I needed to support dancers to be able to feel comfortable and safe enough to try something new.

I was burned out on life.

Then I followed the call in my heart. I took action and landed in a program that I thought was going to give me a new way to work with clients. What I found was the total opposite. I FOUND MY WAY BACK HOME, a way back to my truest and highest passions.

Bodymind coaching is what I found and it's a journey into a deeper healing, a deeper conversation that gets really REAL with reality and how a person is living their life versus how they dream it to be. It's not about "things" that you want (but the bodymind process can be about that), it's more about the way you desire to feel each day and how to go about amplifying the energy you want to live in.

Bodymind coaching is totally unique as its developed for lightworkers and healers who already have a deep wisdom with working with people's bodies and their mindset in relation to emotions and dis-ease. But I got served!

Touch, along with a brand new awareness, is how it all began. I was being coached around some of my blocks and some of my deeper passions left forgotten and laying dormant within me. I felt a renewed sense of purpose, and a direct route to achieve it. Best part is that this all came from ME! A great coach only guides and facilitates as you come into your own AH-Ha moments that are totally pivotal for growth. If we aren't growing and evolving then we are stuck, truly.

I am fully alive after bodymind coaching and it has brought many new things into my life. I task without pushing, tuning into my body to ask, "What is the one most important thing that must be done today?" Not 15 things done mindlessly, but one or two most important tasks. Then I ask, "What do I want to do today?" and "Which task feels best to do right now?" This is pure feminine flow, and it's the intuitive approach to life. Since having a coach of my own, I now have done countless things that I would never have begun on my own before. These things were a distant reality. A dream.

I finally took weekends off for the first time in 16 years. I always said I wanted to and "should," but never did.

I left my children many times for fun and pleasurable things, and they were all okay.

I choose daily self love (care). I take naps, I leave those dishes, skip some of those soccer games, buy those massages, create as a regular part of my day, regularly make time with my sister friends. I prioritize myself for the first time ever, and I'm nicer, and I am encouraged to continue.

I take singing lessons. All my kiddos had lessons for over ten years. I said I'd love to do that someday for myself. I'm doing it now!

I've learned that spiritual work is key, and I continue to learn, grow, journal, and receive coaching for myself.

I RUN GODDESS RETREATS! I'm finally utilizing all my healing gifts. I feel the fear of all the things that go along with following your passion even when I can't "make sense" of it. (more feminine flow)

My coaching clients lives are being transformed in huge ways with my programs that take them through a unique healing process that is designed to transform.

I am scheduling breaks on my workdays. It used to be self-imposed (unconsciously) to work straight through (if I'm not working hard I'm not worthy mindset) and now poof! DONE with that!

My life is at the highest, healthiest place I have ever known and it could never have been done without the help of a coach to bring some of the programming of the "day on repeat" cycles we subscribe to unconsciously.

We are actually addicted to the chemical release that we create as we assign "a meaning" to an emotion that results from a specific event (the negative thought loop that makes a body respond (i.e stress response) and the release of depressive drugs in the spinal column like dopamine). The body has to come back into the conversation. When we connect to our truest source, our body's wisdom, then we can feel our way forward. I was asked a very important question that was so simple and yet so profound. Julie, what do you want to feel each day and how can you amplify this? The power lies within us to go from what we think we should be doing and being totally disconnected from that, to what we know in our bodies as the guidance to live a life on purpose. Coaching has given me the freedom to live in the now more than ever before and this is the only reason we are here, to connect and to be in the now. Enjoyment of life and not living with just the end result in mind is the key. Now, I know that this is not only a great idea, it is attainable!

Julie Kouyate is a Bodymind coach and LMT. She has been in the alternative healing and wellness industry for over 20 years, but coaching is now her preferred way to work with clients because of the way we can change our patterns to have a lasting change that leads to a more connected life that is less restricted in a holistic way…. Body, mind, and spirit! . Learn more about her offerings, including the BodyMind coaching program, at kouyatehealingarts.com, or call (734) 330-7903.

Look for Julie's calendar event listing under the heading "Retreats."

Artwork by Ani Daher

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The Crazy Wisdom weekly Calendar

Aromatherapy and Essential Oils

Essential Oils Made Easy with Julie Sottek • Wednesdays, beginning May 5 • 6:30 p.m. • Learn empowering, natural solutions to health and wellness for the whole family in a live 30-minute Zoom class. Learn the must-have top 15 essential oils that handle 85% of your health concerns for a vibrant life! We will cover what essential oils are, where they come from, and how to ensure a certified pure tested grade. Learn 3 basic application methods. This class is for the new and experienced oil users. Request your complimentary oil sample to try before class. Register at dragonflydeo.com (Schedule Services, Essential Oils) for the class link. Free. Contact Julie Sottek at dragonflydeo@gmail.com or dragonflydeo.com.

Book Discussion Groups

Jewel Heart Readers with Jewel Heart Instructors • Monthly, second Mondays: May 10 • 7-8:30 p.m. • Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. Free, but donations welcome. Contact Jewel Heart at programs@jewelheart.org or 734-994-3387 for this month's book selection and participation information. Visit the Jewel Heart website at jewelheart.org.

Buddhism

Precious Human Life - Rare and Hard to Get (Applied Meditation Technology series) with Hartmut Sagolla and Supa (Greg) Corner • Saturday, May 1 • 9:00 a.m. • Taking our life for granted, we waste precious time. This workshop focuses on appreciating the opportunities of a spiritual life and making life meaningful. $25 Jewel Heart Members / $30 Non-Members. No one is turned away due to financial considerations. For more information, call Jewel Heart at 734-994-3387 or send an email message to programs@jewelheart.org. To register, go to the Jewel Heart website at jewelheart.org.

Jewel Heart Sunday Talks: Ancient Wisdom. Modern Times with Demo Rinpoche or Gelek Rimpoche • Weekly on Sundays from May 2 to August 29 • 11:00 a.m. • We invite you to enjoy one-hour Sunday morning talks with live presentations by Demo Rinpoche and video recordings by Gelek Rimpoche. Stay tuned for the moderated discussion after the talk. Free, yet donations welcome. Contact Jewel Heart at 734-994-3387 or send an email message to programs@jewelheart.org. To register, click on the link accompanying this program's listing at jewelheart.org/free-weekly-virtual-programs. For more information, visit the Jewel Heart website at jewelheart.org.

Live Stream Sunday Service with Haju Sunim, Maum, and Hayeon • Every Sunday, beginning May 2 • 10:00 a.m. • Join us every Sunday for meditation and a dharma talk at https://bit.ly/a2zenyoutube. By donation. Contact the Ann Arbor Zen Temple for more information at 734-761-6520 or visit zenbuddhisttemple.org/annarbor.

Zen meditation and service; Informal conversations on the Dharma with Marta Dabis • First and Third Sundays: May 2, May 16 • 11:00 a.m. meditation; 11:40 a.m. service • Traditional Japanese Zen Buddhist meditation in the lineage of Shrunyu Suzuki, followed by Buddhist chanting in English and Japanese, and an informal conversation about Buddhism. Donations only. Contact Marta Dabis at 248-202-3102 or JissoJiZen@gmail.com; JissoJiZen.org.

Clockwork Science: Kalachakra Vision for Awakening Humanity, Society, and the Planet with Joseph Loizzo, MD, PhD • Wednesday, May 5, 12, 19 • 7-8:30 p.m. and Saturday, May 22 • 10-5 p.m. • This course explores the radically positive vision of our human future offered by the great Unexcelled Yoga Tantra system of Kalachakra, the Wheel of Time (or the Clockwork Process). It compares the ancient tradition of meditation with modern scientific discoveries aimed to expand the participants' spiritual practice in light of the Kalachakra's vision of how personal transformation naturally accelerates positive interpersonal, social and planetary evolution. $135 Jewel Heart Members or Nalanda / $160 Non-Members. No one is turned away due to financial considerations. Contact Jewel Heart at 734-994-3387 or send an email message to programs@jewelheart.org. To register, go to the Jewel Heart website at jewelheart.org.

Celebrations

A Mother's Day Celebration • Saturday-Sunday, May 8 • 1-3 p.m. or 6:30 - 8:30 p.m. • Join us for a joyful celebration of motherhood and the divine feminine in all stages of life.
*Saging Ceremony
*Guided Meditation
*Gentle Movement
*Sacred Sound
$75 per person at Verapose Yoga & Meditation House. For more information and to reigster visit veraposeyoga.com.

Channeling

Event with Spirit - Remembering Wholeness • May 16 • 2 p.m. • Remembering Wholeness is an opportunity to experience the sharing of energy with The Mother channeled through Barbara Brodsky. The Mother invites us to experience the deeper truth of ourselves. For more information email om@deepspring.org call 734.477.5848 or visit DeepSpring.org.

Event with Spirit- • May 19 • 7 p.m. • An open session with Aaron and Barbara Brodsky. Aaron gives a talk, followed by Q&A. Aaron's talk will cover a variety of spiritual practices including Vipassana and Pure Awareness Meditation, working with inner guidance, and supporting changes in our physical/spiritual bodies through work with body energy, the elements, sound and Open Heart.For more information email om@deepspring.org call 734.477.5848 or visit DeepSpring.org.

Death and Dying

Death Cafe with Rev. Annie Kopko via Zoom• Monthly on First Tuesdays, May 4 - August 3 • 6:30 p.m. • Discussion of Death and Dying. Free, but donations appreciated. Contact the Interfaith Center for Spiritual Growth at 734-327-0270 or interfaithspirit.org.

End-of-Life Doula Training with Patty Brennan • May 22, 23 or Jul7 17, 18 • 9:30 a.m. • End-of-life doulas are the new frontier in end-of-life care. Their emergence is an outgrowth of recent cultural trends favoring more natural and holistic approaches for an aging generation of baby boomers. Our End-of-Life Doula Training covers how to provide non-medical comfort and support to the dying person and their loved ones in the final days, weeks, and months of life. $697. Contact Patty at 734-663-1523 or patty@lifespandoulas.com; LifespanDoulas.com.

Energy and Healing

Heightening Your Vibration: Alchemy with Karen Greenberg, R.P.T. and Certified Essence Repatterning Practitioner • Sundays, May 2, 23 • 1:30 p.m. • Some people have become depressed with the Covid-19 isolation. Learn a myriad of tools and techniques, to change your vibration from a lower to a higher vibration, and to sustain it -- including, but not limited to, sacred letters, powerful Archetypes, sacred oils, affirmations, visualization, meditation, prayers that you compose, gratitude, breathing, drumming, movement, music, Holy Geometry, traditions, toning, Names of G-D, Archangels, Masters of Light. $110. Contact Karen Greenberg at 734-417-9511 or krngrnbg@gmail.com; clair-ascension.com.

Meditation

Chakra Meditation: Online Sound Bath with Rob Meyer-Kukan • Sunday, May 2 • 7:00 p.m. • Chakras are thought to be spinning disks of energy that should stay open and aligned, as they correspond to bundles of nerves, major organs, and areas of our energetic body that affect our emotional and physical well-being. This sound bath meditation will aid the listener in finding balance and calm. This sound bath meditation is a donation-based model. If moved, you may do so here: https://paypal.me/robmk. To watch/listen to this sound bath meditation, visit youtube.com/robmeyerkukan. FREE. Contact 7 Notes Natural Health at 248-962-5475 or rob@robmeyerkukan.com; robmeyerkukan.com/.

Chakra by Chakra Meditation and Health with Ema Stefanova E-RYT, C-IAYT • Sunday, May 9 • 9:30 a.m. • Chakra Therapy has been our specialty. Guided meditation will be practiced, the chakras (energy centers) will be explained, as well as how each chakra governs body, mental, and emotional functions. Great visuals will be available for purchase at the end of the session. Contact Ema at YogaAndMeditation.com.

Retreats

Purposeful Pivots "Movement is medicine" Spring Retreat • Saturday-Sunday, May 21 • 8 a.m. • This year was trying for many of us, but wouldn't you LOVE the opportunity to feel a renewed sense of stability? During our retreat we will ACTIVATE our potential to call any emotional response we desire to feel into our reality! We will MOVE the emotions and SHED what was, NOURISH our nervous systems, EMBODY our ability to know peace and ALLOW ecstatic joy through movement of the body, breath and the soul. Join us for a weekend of MOVEMENT MEDICINE Circle up with your fellow sisters to experience many forms of movement including Yoga, Nia, World dance workout, drumming, meditations, freedom of expression playshops, tribal belly dance, Buti Yoga, Afro-core energizer, laughing yoga, an offering prayer ceremony, and so many more sacred treasures! Visit : "Purposeful Pivot Goddess Retreats" on Facebook to get connected or email coachjulie@kouyatehealingarts.com.

JissoJi Half-day Sitting with Marta Dabis • Monthly, second Sundays: May 9, June 13, July 11, August 8 • 8:20 a.m. • Traditional Zen meditation in the lineage of Shrunyu Suzuki. Three rounds of 40-minute sitting with 10-minute walking, followed by a Dharma talk by a guest teacher. Joining for part of the program.is also available. Donations accepted. Contact Marta Dabis at 248-202-3102 or JissoJiZen@gmail.com; JissoJiZen.org.

Shamanism

Shamanism, Death & Dying with Connie Eiland • Saturday, May 1 • 10:00 a.m. • This workshop heightens our spiritual understanding of death and dying and teaches ways to assist others as they approach this transition. Psychopomp and ceremony are included. $180 until April 17 when price increases to $220. Contact Connie Eiland at 248-809-3230 or clshebear7@gmail.com; shewolfshaman.com.

Journeying Circle with Judy Liu Ramsey• Monthly, every first and third Thursday, beginning May 6 • 7:00 p.m. • Join others in shamanic journeying to explore current topics and to achieve

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Darshan with The Mother
***with* Barbara Brodsky channeling The Mother**
All levels – Sunday | 4/25, 5/16, 6/13

———————

Evening with Aaron
***with* Barbara Brodsky channeling Aaron**
All levels – Wednesday | 4/21, 5/19, 6/16
Registration and information: DeepSpring.org

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balance in your life and on the planet. Must know how to journey. No cost. Suggested donation is $15-40. Contact Judy Liu Ramsey at ramsey.judy003@yahoo.com; https://JudyRamsey.net

Spiritual Development

A Course in Miracles Study Group (via Zoom) with Interfaith Center for Spiritual Growth • Every Monday beginning May 3 • 6:45 p.m. • The book, written by Helen Schucman, is based on the idea that the greatest "miracle" is the act of simply gaining a full "awareness of love's presence" personally. The author asserts the work was dictated to her directly from Christ. Explore the course as a group. Free, but donations appreciated. Contact Interfaith Center for Spiritual Growth at 734-327-0270. interfaithspirit.org

Music, Sound, and Voice Singing for Comfort (via Zoom) with Interfaith Center for Spiritual Growth • Second Thursdays: May 13, June 10, July 8, August 12 • 7:00 p.m. • Music and song for comfort. Free, but donations appreciated. Contact Interfaith Center for Spiritual Growth at 734-327-0270; interfaithspirit.org.

Stress Management

Stress Management Traumatic Incident Reduction Workshop with Marian Volkman • June 15, or August 3 • 10:00 AM • 5 day online workshop 10-4 each day Practical Trauma and Stress Resolution.Move Beyond Symptom Management to Effective Trauma Recovery. Continuing Education credit available for Social Workers. Learn to use (TIR) Traumatic Incident Reduction, effective for reducing and eliminating after effects from: Stress, Difficult relationships, any upsetting, severe or shocking event War trauma, either received, caused or observed, trauma caused as well as received or observed, including domestic violence, accidents and injuries, losses of all kinds, unwanted feelings or thoughts. $695. Contact Marian Volkman at marian@tir.org or 734-662-6864; or visit appliedmetapsychology.org/professional-training/meet-the-trainers/marian-volkman/

Writing and Poetry

Crazy Wisdom Poetry Series hosted by Edward Morin , David Jobson, and Rainey Lamey • April 28 • 7-9 p.m. Celebrate National Poetry Month! Members of the peer-driven writer's workshop of the Crazy Wisdom Poetry Circle, which meets on the second Wednesday of each month, read selections of their work. They are Joseph Kelty, David Jibson, Edward Morin, Loraine Lamey, Lissa Perrin, Greagory Mahr, Dana Decer, and others. All welcome via Zoom. Email cwpoetrycircle@gmail.com for zoom link. Registration for open mic starts at 6:45 p.m.

Poetry With Jihyun Yun "Some Are Always Hungry" Online Event with Jihyun Yun • Tuesday, April 27 • 6:00 PM • Winner of the Prairie Schooner Book Prize in Poetry, Some Are Always Hungry chronicles a family's wartime survival, immigration, and heirloom trauma through the lens of food, or the lack thereof. Jihyun Yun will read poems from the book, share the background to her writing, her experiences publishing with small press, and take questions from the audience. $5. Contact meetup.com/Write-On-Ann-Arbor/events/277081090/.

Yoga

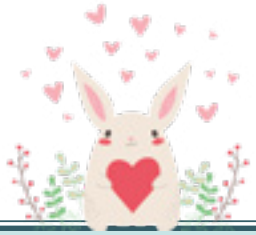
Intro to Yoga (Six-week course via Zoom) with Michele Bond • Beginning May 3, Mondays • 6-7:30 p.m. • Always wanted to try yoga? Then this class is for you! Join us for an introduction to this beautiful art and science of yoga, and the many ways we can use our practice to enhance all aspects of our lives. Classes are on Zoom, with instructor observing and offering individual attention. Time for questions and conversation after class. $84 for 6 weeks. Contact Michele Bond at 734-358-8546 or michele@yogahouseannarbor.com; yogahouseannarbor.com.

Virtual Yoga Classes with Imagine Fitness • Yoga classes for everyone. No experience necessary. Styles include Hatha, Restorative, Beginners, and Fundamentals. $21/drop-in. Contact Imagine Fitness and Yoga at 622-8119; imagine@imaginefitnessandyoga.com or imaginefitnessandyoga.com.

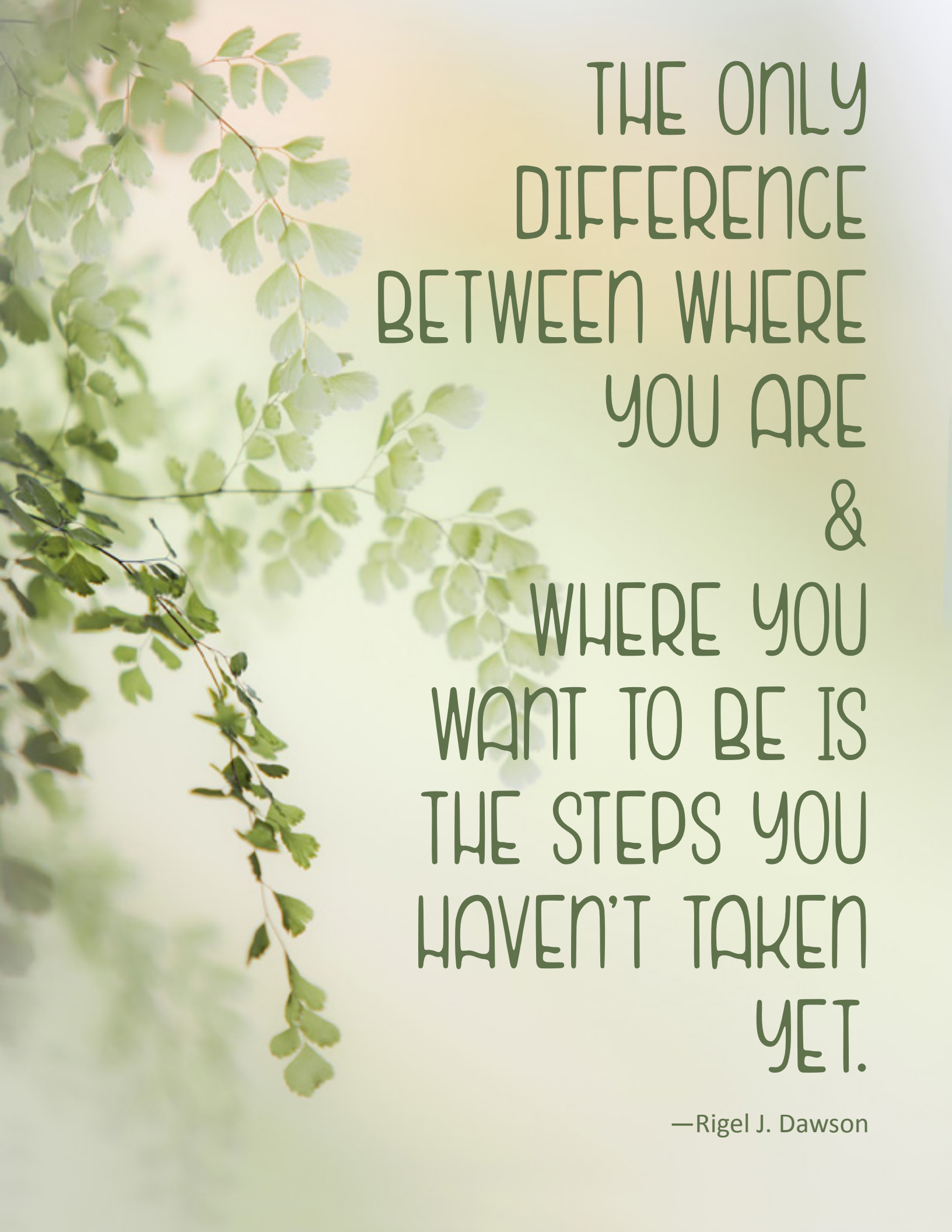
Yoga Classes at The Yoga Room with Christy DeBurton • Private sessions available via Zoom/Facetime/Skype • Offering Hatha, Yin, and Vinyasa yoga classes. See website for pricing and full schedule. Contact Christy at 761-8409; info@christydeburton.com or yogaroomannarbor.com.

Yoga for All Levels (online) with Sue Salaniuk • May through August • 9:30 a.m. • Yoga taught for everyone regardless of experience. Classes are online, individualized and students are helped to progress at their own pace. $98/7 weeks or $15/class. Contact sue@yogaspaceannarbor.com.

Beginning/Supported Yoga (online) with Sue Salaniuk • May through August • 10:00 a.m. • Yoga for beginning students or those who wish a more supported approach. $98/week or $15/single class. Contact sue@yogaspaceannarbor.com.



Get your calendar listings in by Monday morning at 10 A.M. for the next Crazy Wisdom Weekly Issue!
Send your listing in here.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DIFFERENCE
BETWEEN WHERE
YOU ARE
&
WHERE YOU
WANT TO BE IS
THE STEPS YOU
HAVEN'T TAKEN
YET.
—Rigel J. Dawson